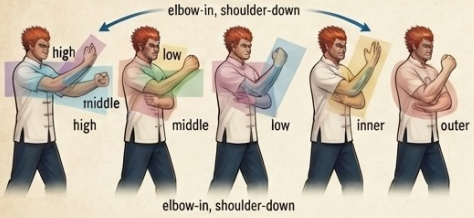
PROLEEN
ISSUE #9
詠春
佛春
佛山氣功

THE 詠春功
FOSHAN WING CHUN & QIGONG INTEGRATION SYSTEM: A VISUAL GUIDE
佛春

LI SHAOKAY FOSHAN WING CHUN KUEN: CORE PRINCIPLES & SYSTEM STRUCTURE

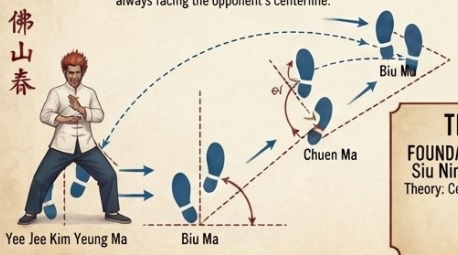
SIU NIM TAO (LITTLE IDEA FORM): STRUCTURAL GATES

Opening sequence of structural alignment and mees process on structuine structnine praces and lonw centerlne and centerline protection

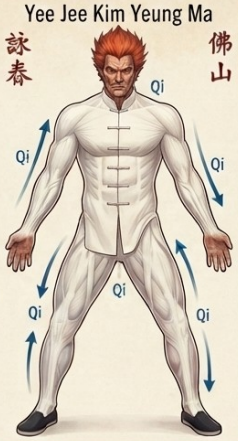


FOOTWORK: TRIANGLE & SHIFTING STEPS

always facing the opponent's centerline,
always facing the opponent's centerline.



Yee Jee Kim Yeung Ma



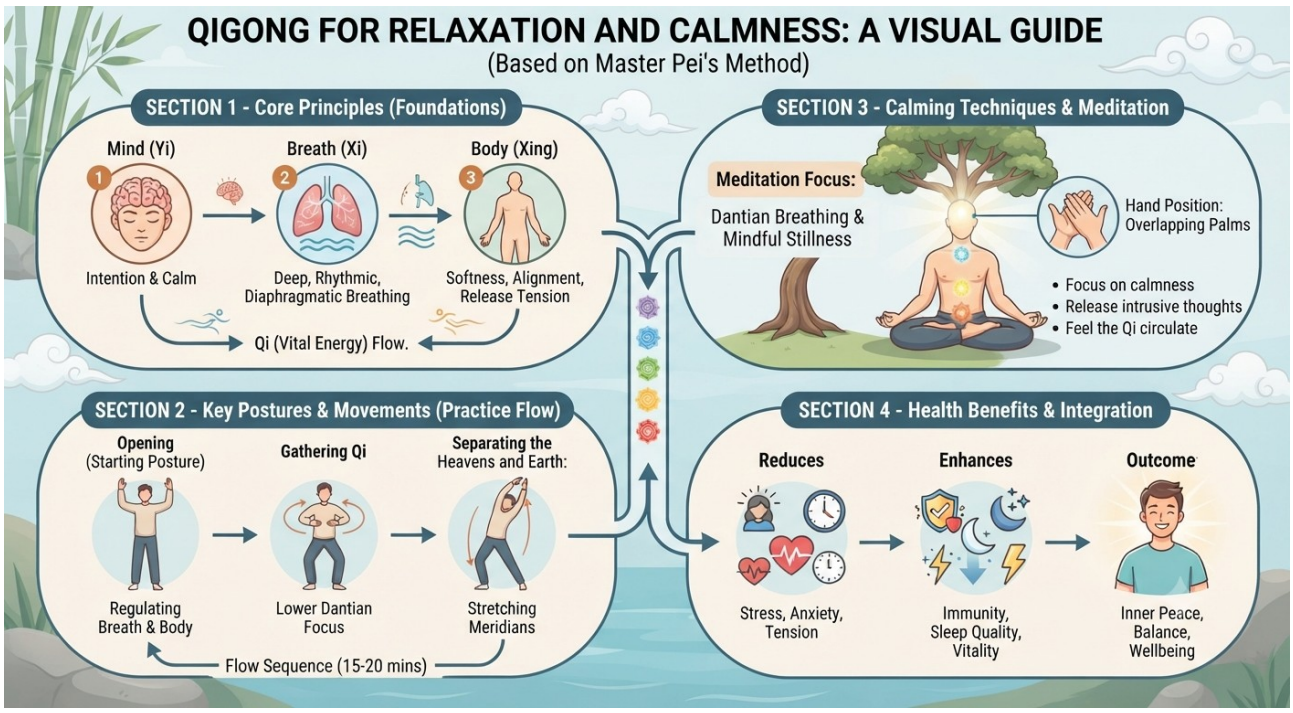
CHI SAO (STICKING HANDS): DESTRUCTIVE FLOW & ENERGY

MUK YAN JONG (WOODEN DUMMY): ANGLES & APPLICATIONS

THE FOSHAN WING CHUN SYSTEM

FOUNDATION:	TRANSITION:	WOODEN DUMMY
Siu Nim Tao	Chum Kiu	Theory: Structure
Theory: Centerline	Theory: Bridging	
	Biu Jee	WEAPONS
	Theory: Emergency	Luk Dim Boon Gwan & Baat Cham Dao

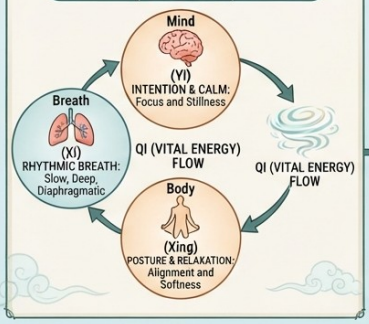
BASED ON THE ORAL TRADITIONS & FORMS OF GRANDMASTER LI SHAOKAY


QIGONG FOR RELAXATION AND CALMNESS: A VISUAL GUIDE
(Based on Master Pei's Method)
SECTION 1 - Core Principles (Foundations)
Mind (Yi)
Breath (Xi)
Body (Xing)
1
2
3
Intention & Calm
Deep, Rhythmic, Diaphragmatic Breathing
Softness, Alignment, Release Tension
Qi (Vital Energy) Flow.
SECTION 3 - Calming Techniques & Meditation
Meditation Focus:
Dantian Breathing & Mindful Stillness
Hand Position: Overlapping Palms
• Focus on calmness
• Release intrusive thoughts
• Feel the Qi circulate
SECTION 2 - Key Postures & Movements (Practice Flow)
Opening (Starting Posture)
Gathering Qi
Separating the Heavens and Earth:
Regulating Breath & Body
Lower Dantian Focus
Stretching Meridians
Flow Sequence (15-20 mins)
SECTION 4 - Health Benefits & Integration
Reduces
Enhances
Outcome
Stress, Anxiety, Tension
Immunity, Sleep Quality, Vitality
Inner Peace, Balance, Wellbeing

GEOFFREY 'DROLEEN' CORKSWORTHY
I
Core Dialogue
III
III
IV
V
VI
VI
I'll Nit-Pick their whole colony apart with Humour.
Play the eejit. Bring poetic justice.
CORE DIALOGUE
PLAY-OUT SECTION
Core Dialogue
Ghost Cat
(Cath Sí)
(Cath Cat)
Poetic Licence
CORE D

ESSENTIAL QIGONG PRACTICE GUIDE: MASTER HU XUEZHI'S METHOD

SECTION 1: CORE PRINCIPLES (FOUNDATIONS)



SECTION 2: KEY POSTURES & MOVEMENTS

PRACTICE FLOW (15-20 MINS)

SECTION 3: CALMING TECHNIQUES & MEDITATION

Figure in Lotus Pose
DAN TIAN BREATHING & MINDFUL STILLNESS

HAND POSITION: OVERLAPPING PALMS

FOCUS POINTS: Release Intrusive Thoughts, Deep Calm, Feel Internal Qi

SECTION 4: HEALTH BENEFITS & INTEGRATION

INTEGRATION INTO DAILY LIFE

SECTION 5. DAILY PRACTICE GUIDELINES (Footer Bar)

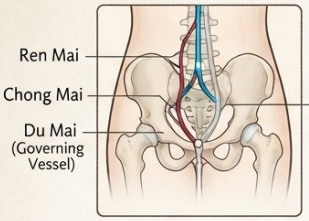
QUIET & CALM DAILY

QUIET & CALM SPACE

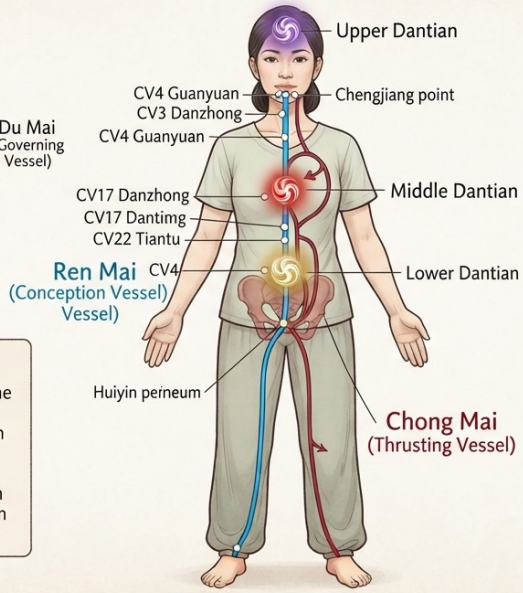
BEST: MORNING OR EVENING

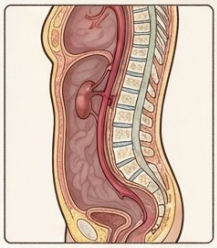
REGULAR PRACTICE KEY

The Core Energetic Pathways of Woman's Qigong: The Ren Mai and Chong Mai.



DETAIL OF PELVIC FLOOR
& ROOT CHAKRA





CROSS-SECTION: CHONG MAI
THRUSTING VESSEL

FUNCTION OF THE REN MAI

'Sea of Yin Channels' is the ressles the 'Seat of Khannels' the violat is the reproductive and hormonal health in the Maintans:era phane to dection reproductive and comefensier and reproductive and hormonal health in women, health in womens or women according to Qigong theory.

FUNCTION OF THE CHONG MAI

'Sea of Blood' is the 'Sea of Blood' and The 'Sea of the 'Core Energetic Channel.' influence a vitality and dirculation. The resieest of acorenbol influences vitality, and turnant deep energetic vitality and deep energeti vitality and influenes a reration deep energetic ciscruto deep energetic circulation.

REFERENCE: 'A Woman's Qigong Guide' by Johnson.

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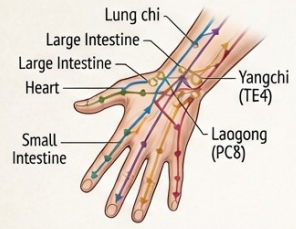
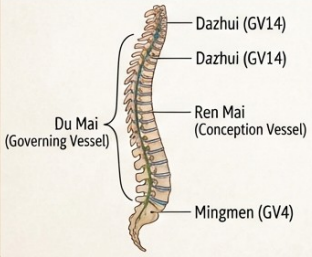
THE PATH IS REVEALED.
I AM READY.

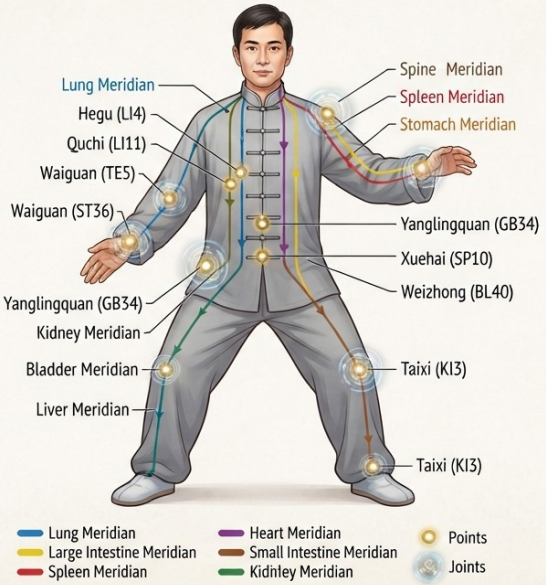
QIGONG FOR ARTHRITIS: MERIDIAN AND JOINT ENERGETIC PATHWAYS

DETAIL: HAND & WRIST MERIDIANS

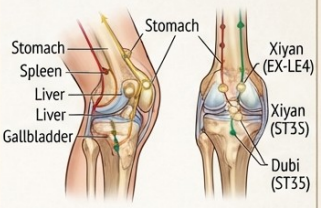


DETAIL: SPINE & DU MAI/REN MAI





DETAIL: KNEE JOINT & STIFLE



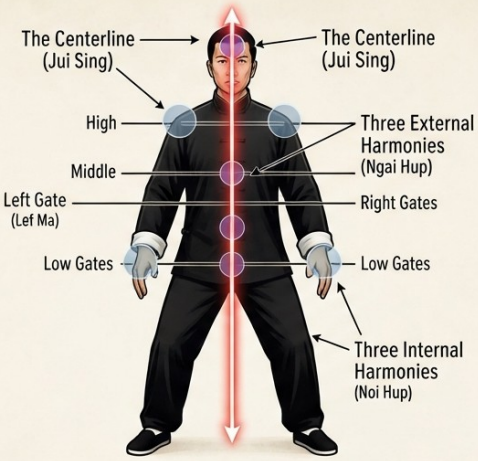
KEY QIGONG MOVEMENTS FOR ARTHRITIS

- **Waving Hands Like Clouds**
  (Focus: Shoulders, Spine)
- **Pushing Palms**
  (Focus: Wrists, Elbows)
- **Opening the Chest**
  (Focus: Shoulders, Lungs)
- **Knee Rotations**
  (Focus: Knees)
- **Ankle Circles**
  (Focus: Ankles)

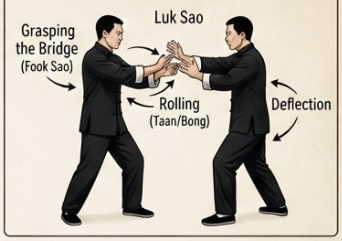
REFERENCE: "Qigong for Arthritis" by Dr. Yang, Jwing-Ming

WING CHUN KUNG FU: CORE PRINCIPLES AND SYSTEM DIAGRAM

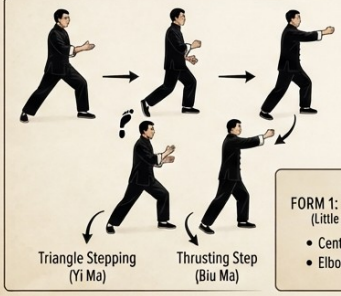
SIU NIM TAO STRUCTURE & ENERGY FLOW



CHI SAO (STICKING HANDS) PRINCIPLES



FOOTWORK: YEE JEE KIM YEUNG MA TO BIU MA



MUK YAN JONG (WOODEN DUMMY) ANGLES

THE WING CHUN SYSTEM

FORM 1: SIU NIM TAO (Little Idea Form)	FORM 2: CHUM KIU (Seeking Bridge Form)	FORM 3: BIU TEE (Thrusting Fingers Form)	WOODEN DUMMY: (Muk Yan Jong)	WEAPONS (Lok Dim Boon Gwan & Baat Cham Dao)
• Centrality	• Bridging	• Emergency	• Structure	• Pole
• Elbow Power	• Coordinated Stepping	• Close-range	• Angles	• Knives

BASED ON THE TEACHINGS OF GRANDMASTER YIP MAN

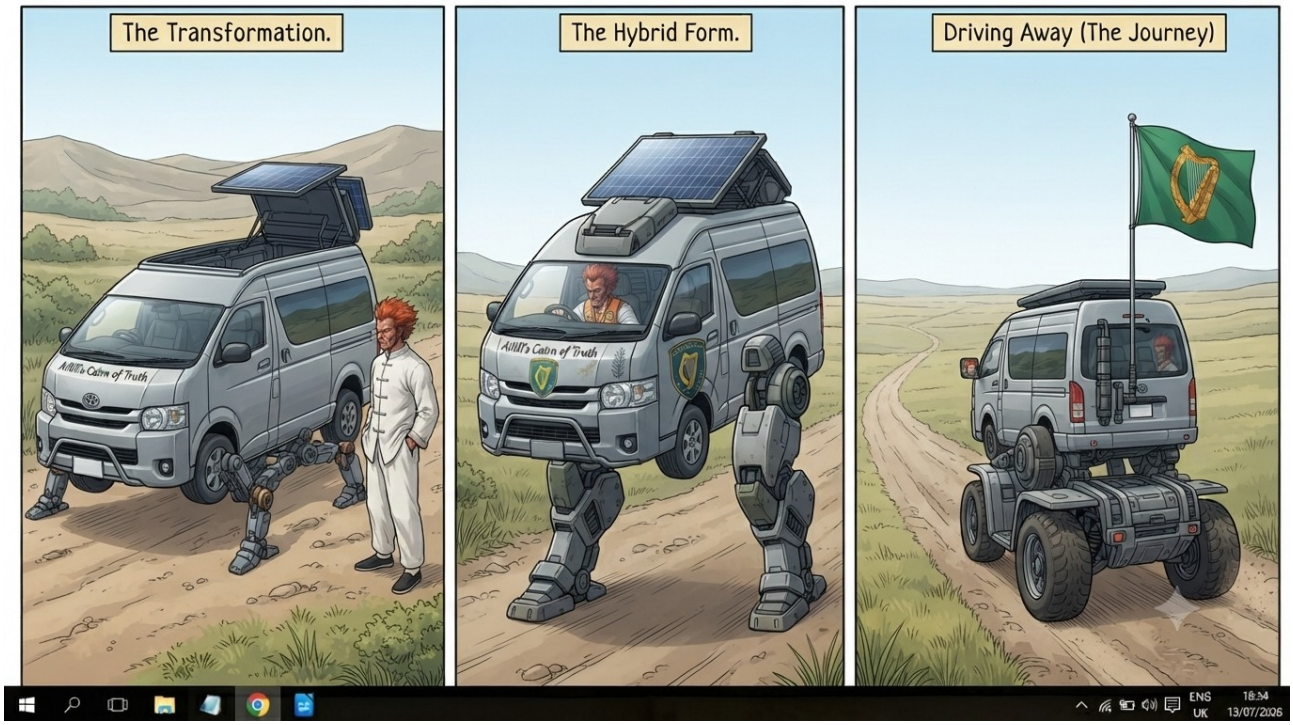
SO, I TRIED TO TELL THE BARNACLE A JOKE... HE DIDN'T GET IT!
HA-HA-HA
BOOOOO!
HECKLE!
WHERE'S THE PUNCHLINE?
DROLEEN OF THE DEEP – COMEDY NIGHT
MORE QIGONG!

Panel 1: Deflect
Panel 2: Strike.
Defeated.

SO, I TRIED TO TELL THE BARNACLE A JOKE... HE DIDN'T GET IT!
HECKLE!
HA-HA-HA
BOOOO!
HECKLE!
WHERE'S THE PUNCHLINE?
MORE QIGONG!
DROLEEN OF THE DEEP COMEDY NIGHT

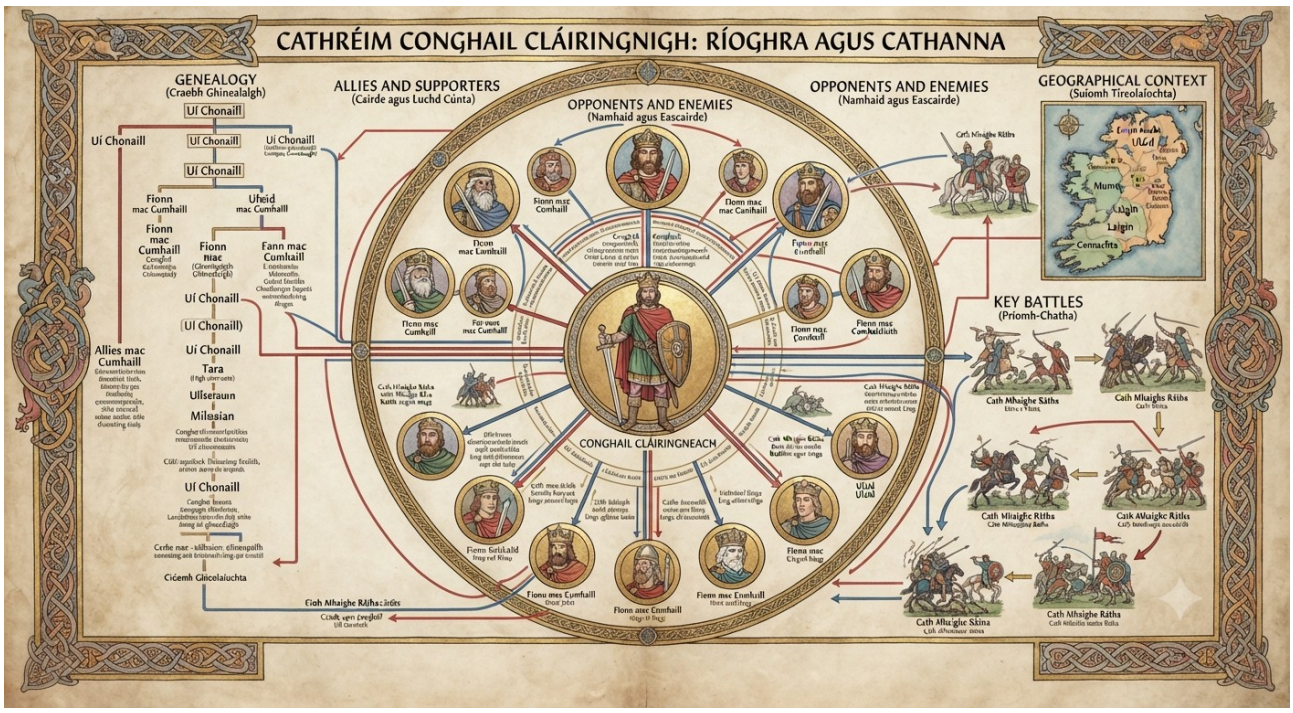
Belfast Distict
LOL 12
ENG
UK
18:54
10/07/2026

Belfast Disbid
LOL 12
ENS
UK
18:54
10/07/2026

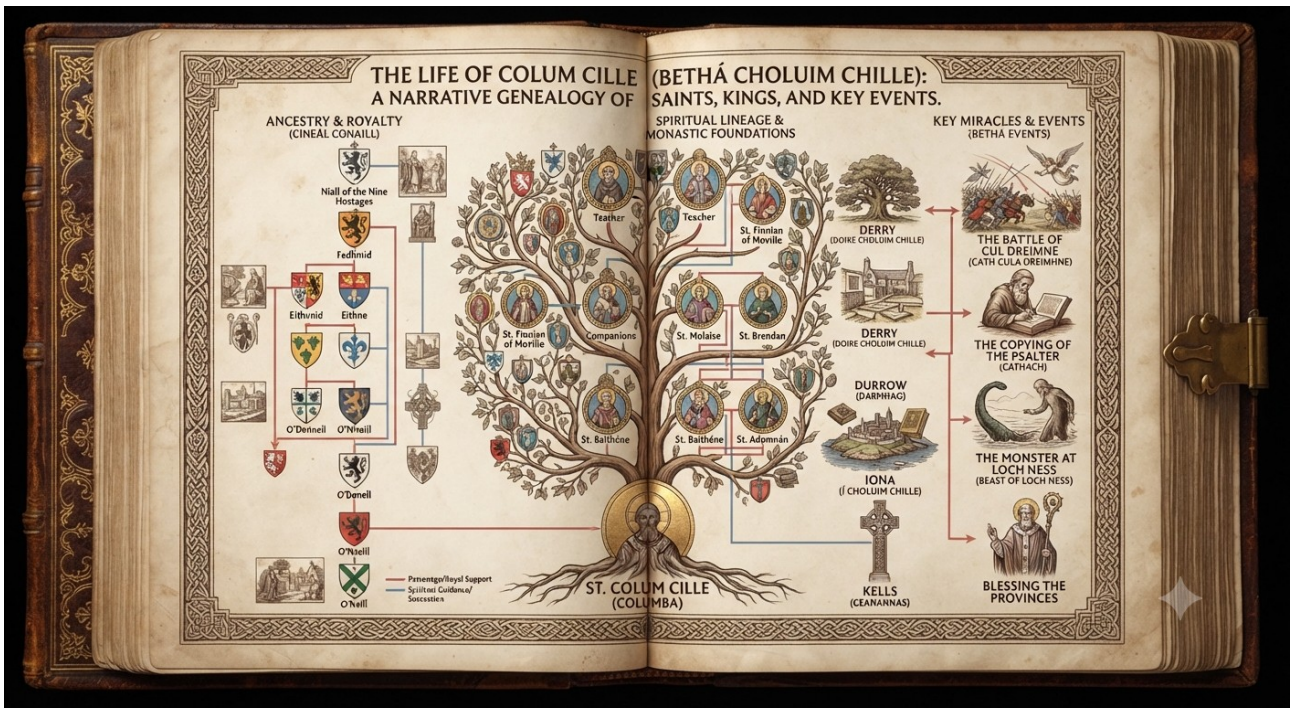

The Transformation.
The Hybrid Form.
Driving Away (The Journey)

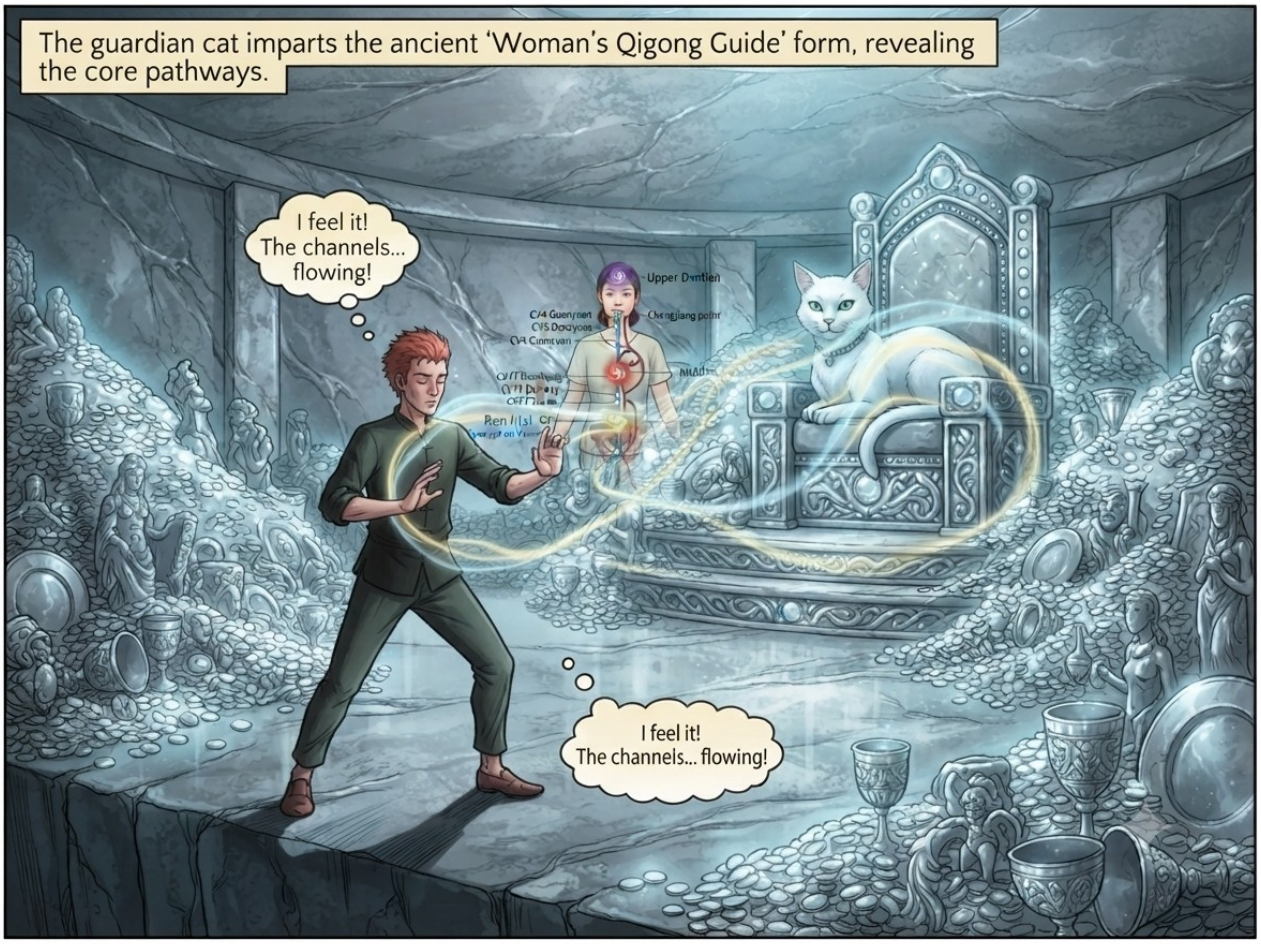
Crawling into the heart of the ancient tomb...
...a stairway down into an impossible depth.
...30 stories later, the descent continues.
...a stairway down into an impossible depth.
...30 stories later, the descent continues.

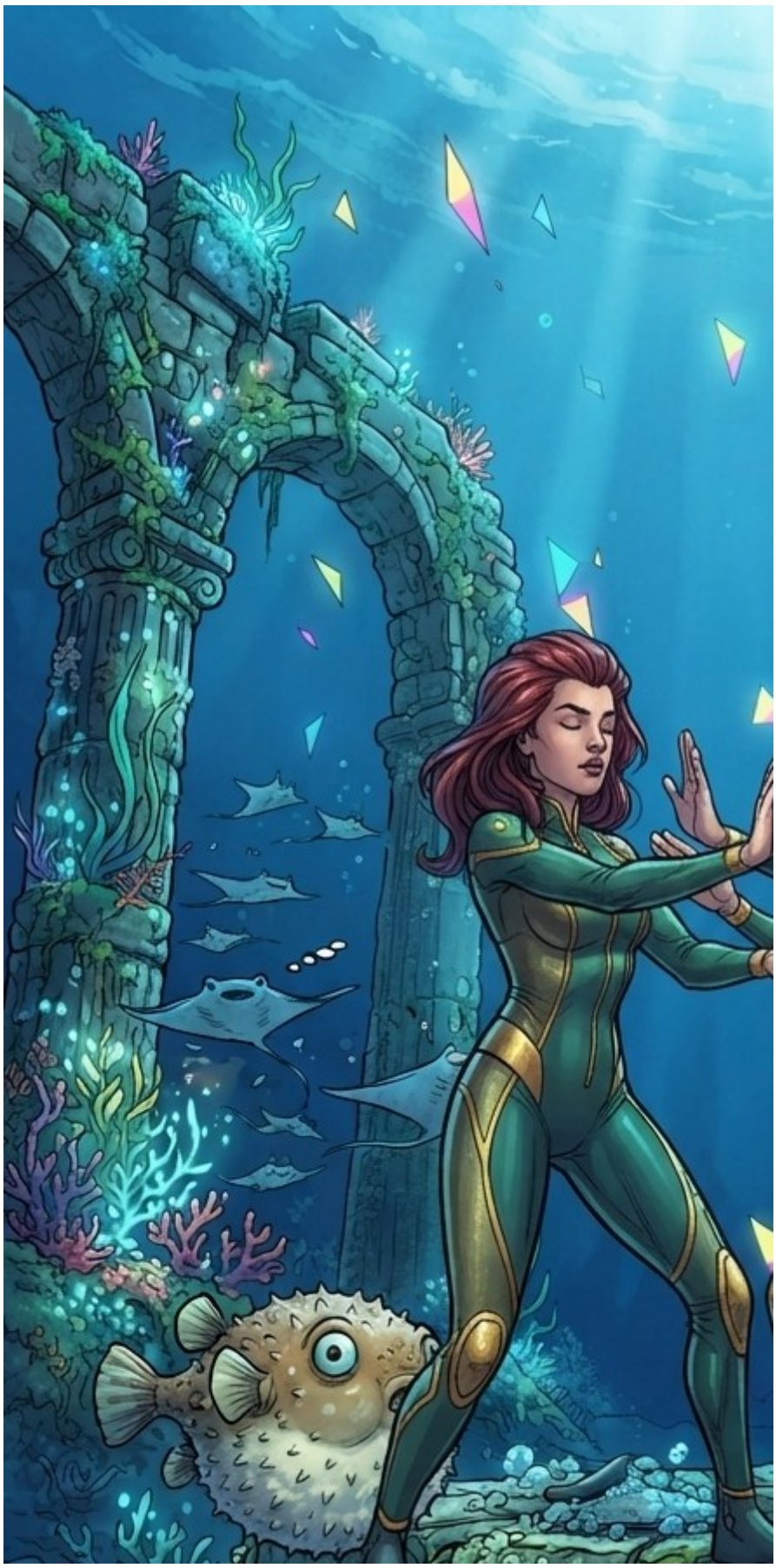
At the impossible depth, a long, silent tunnel...
...leading to a 25-foot chasm.
He leaps... and clears it.
He leaps... and clears it.

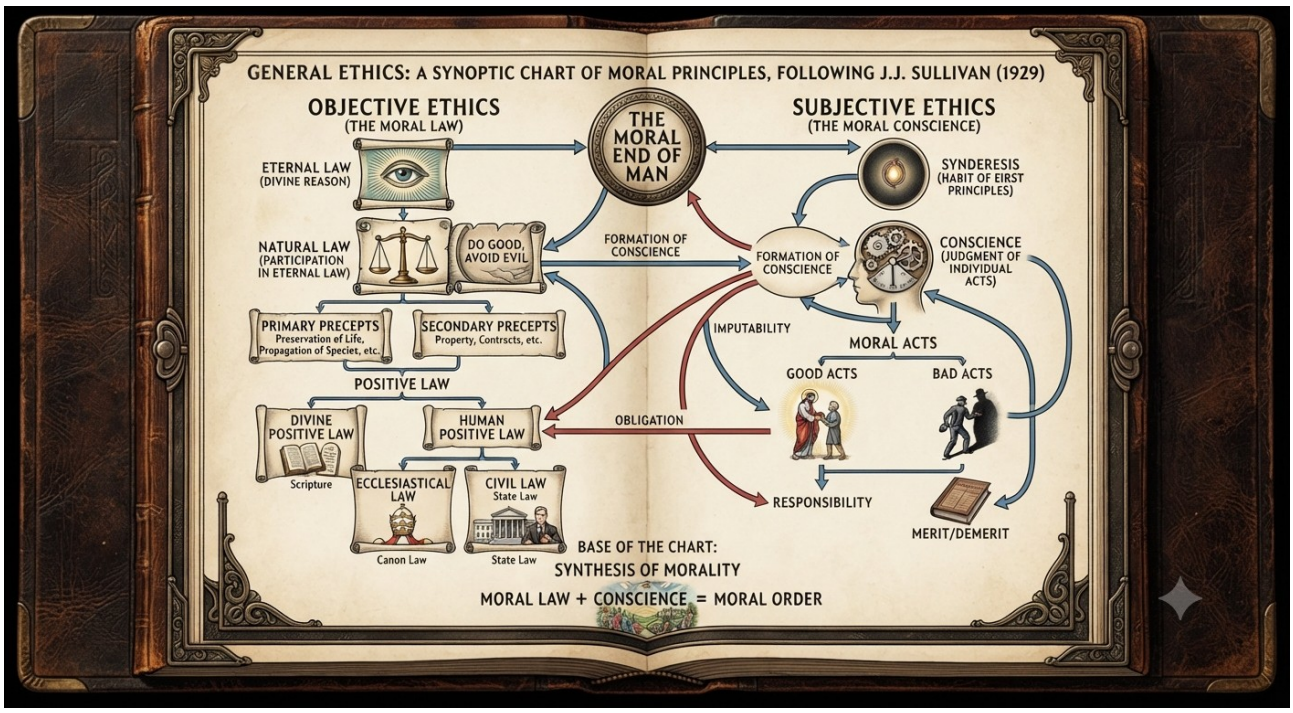

CATHRÉIM CONGHAIL CLÁIRINGNIGH: RÍOGHRA AGUS CATHANNA
GENEALOGY
(Craebh Ghinealaigh)
Uí Chonaill
Uí Chonaill
Uí Chonaill
Uí Chonaill
Uí Chonaill
Fionn mac Cumhaill
Uheid mac Cumhaill
Fionn mac Cumhaill
Fionn mac
Fann mac Cumhaill
Uí Chonaill
Uí Chonaill)
Uí Chonaill
Tara
Ulfseraun
Milesian
Uí Chonaill
Allies mac Cumhaill
ALLIES AND SUPPORTERS
(Cairde agus Luchd Cúnta)
OPPONENTS AND ENEMIES
(Namhaid agus Eascairde)
OPPONENTS AND ENEMIES
(Namhaid agus Eascairde)
Fionn mac Cumhaill
Fionn mac Cumhaill
Fionn mac Cumhaill
Fionn mac Cumhaill
Fionn mac Cumhaill
Fionn mac Cumhaill
Fionn mac Cumhaill
CONGHAIL CLÁIRINGNEACH
Uí Néill
Fionn mac Cumhaill
Fionn mac Cumhaill
Fionn mac Cumhaill
Fionn mac Cumhaill
GEOGRAPHICAL CONTEXT
(Suíomh Tíreolaíochta)
Ulaid
Mumu
Laigin
Laigin
Connacht
KEY BATTLES
(Príomh-Chatha)
Cath Mhaighe Rátha
Cath Mhaighe Rátha
Cath Mhaighe Rátha
Cath Mhaighe Rátha
Cath Mhaighe Rátha
Cath Mhaighe Rátha

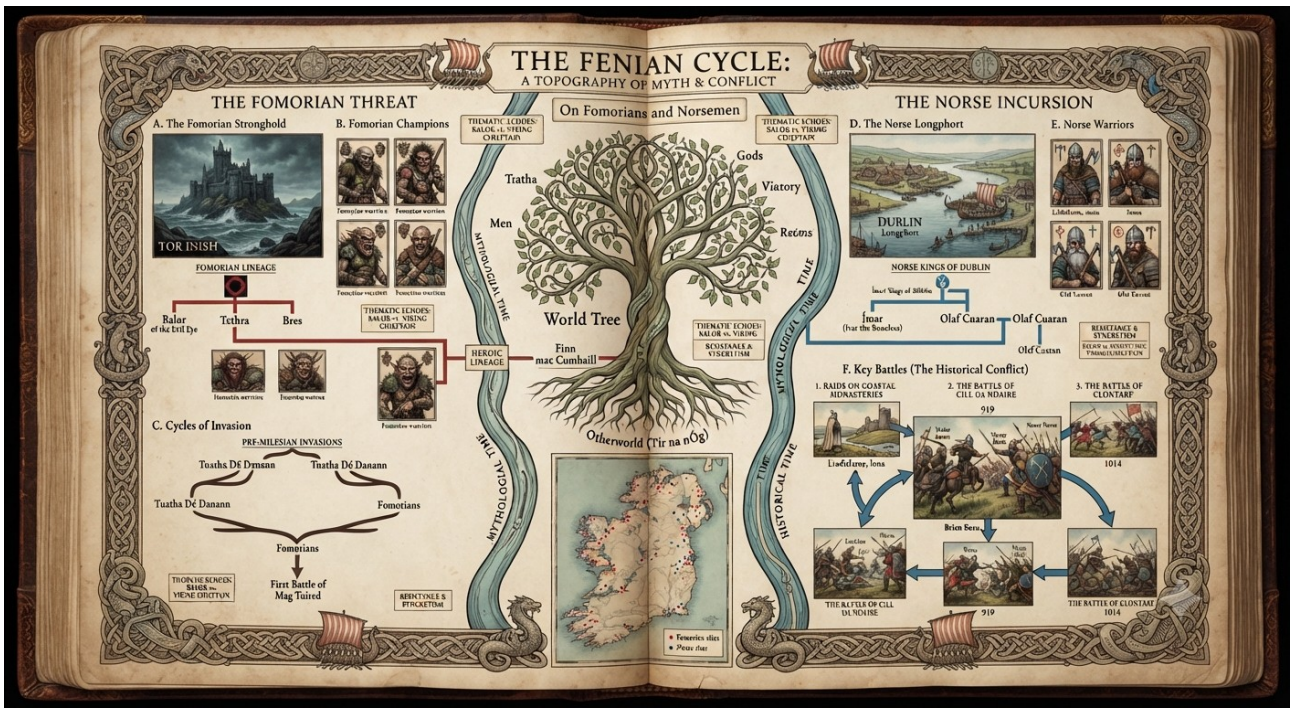
Beyond the chasm... a vault of inner light.
So much silver... and a guardian?


THE LIFE OF COLUM CILLE
A NARRATIVE GENEALOGY OF
(BETHÁ CHOLUIM CHILLE):
SAINTS, KINGS, AND KEY EVENTS.
ANCESTRY & ROYALTY
(CINEÁL CONAILL)
SPIRITUAL LINEAGE &
MONASTIC FOUNDATIONS
KEY MIRACLES & EVENTS
(BETHÁ EVENTS)
Niall of the Nine Hostages
Fedhmid
Eithmid
Eithne
O'Donell
O'Neill
O'Neill
Teather
Tescher
St. Finnian of Moville
St. Finnian of Moville
Companions
St. Molaise
St. Brendan
St. Baithéne
St. Baithéne
St. Adomnán
ST. COLUM CILLE
(COLUMBA)
DERRY
(DOIRE CHOLUIM CHILLE)
DERRY
(DOIRE CHOLUIM CHILLE)
DURROW
(DARMHAG)
IONA
(Í CHOLUIM CHILLE)
KELLS
(CEANANNAS)
THE BATTLE OF CUL DREIMNE
(CATH CULA DREIMHNE)
THE COPYING OF THE PSALTER
(CATHACH)
THE MONSTER AT LOCH NESS
(BEAST OF LOCH NESS)
BLESSING THE PROVINCES


The guardian cat imparts the ancient 'Woman's Qigong Guide' form, revealing the core pathways.
I feel it! The channels... flowing!
I feel it! The channels... flowing!




GENERAL ETHICS: A SYNOPTIC CHART OF MORAL PRINCIPLES, FOLLOWING J.J. SULLIVAN (1929)
OBJECTIVE ETHICS
(THE MORAL LAW)
THE MORAL END OF MAN
SUBJECTIVE ETHICS
(THE MORAL CONSCIENCE)
ETERNAL LAW
(DIVINE REASON)
SYNDERESIS
(HABIT OF EIRST PRINCIPLES)
NATURAL LAW
(PARTICIPATION IN ETERNAL LAW)
DO GOOD, AVOID EVIL
FORMATION OF CONSCIENCE
FORMATION OF CONSCIENCE
CONSCIENCE
(JUDGMENT OF INDIVIDUAL ACTS)
PRIMARY PRECEPTS
Preservation of Life, Propagation of Speciet, etc.
SECONDARY PRECEPTS
Property, Contrscts, etc.
IMPUTABILITY
MORAL ACTS
GOOD ACTS
BAD ACTS
POSITIVE LAW
DIVINE POSITIVE LAW
Scripture
HUMAN POSITIVE LAW
OBLIGATION
ECCLESIASTICAL LAW
Canon Law
CIVIL LAW
State Law
State Law
RESPONSIBILITY
MERIT/DEMERIT
BASE OF THE CHART:
SYNTHESIS OF MORALITY
MORAL LAW + CONSCIENCE = MORAL ORDER


THE FENIAN CYCLE:
A TOPOGRAPHY OF MYTH & CONFLICT
THE FOMORIAN THREAT
A. The Fomorian Stronghold
TOR INISH
B. Fomorian Champions
FOMORIAN LINEAGE
Balor of the Evil Eye
Tethra
Bres
C. Cycles of Invasion
PRE-MILESIAN INVASIONS
Tuatha Dé Danann
Fomorians
First Battle of Mag Tuired
On Fomorians and Norsemen
World Tree
Gods
Men
Otherworld (Tir na nÓg)
HEROIC LINEAGE
Finn mac Cumhaill
MYTHOLOGICAL TIME
HISTORICAL TIME
THE NORSE INCURSION
D. The Norse Longphort
DURLIN
Longphort
E. Norse Warriors
NORSE KINGS OF DUBLIN
Ivar
(Ivar the Boneless)
Olaf Cuaran
Olaf Cuaran
F. Key Battles (The Historical Conflict)
1. RAIDS ON COASTAL MONASTERIES
2. THE BATTLE OF CILL DA LUA
919
3. THE BATTLE OF CLONTARF
1014
Brian Boru
THE BATTLE OF CLONTARF
1014

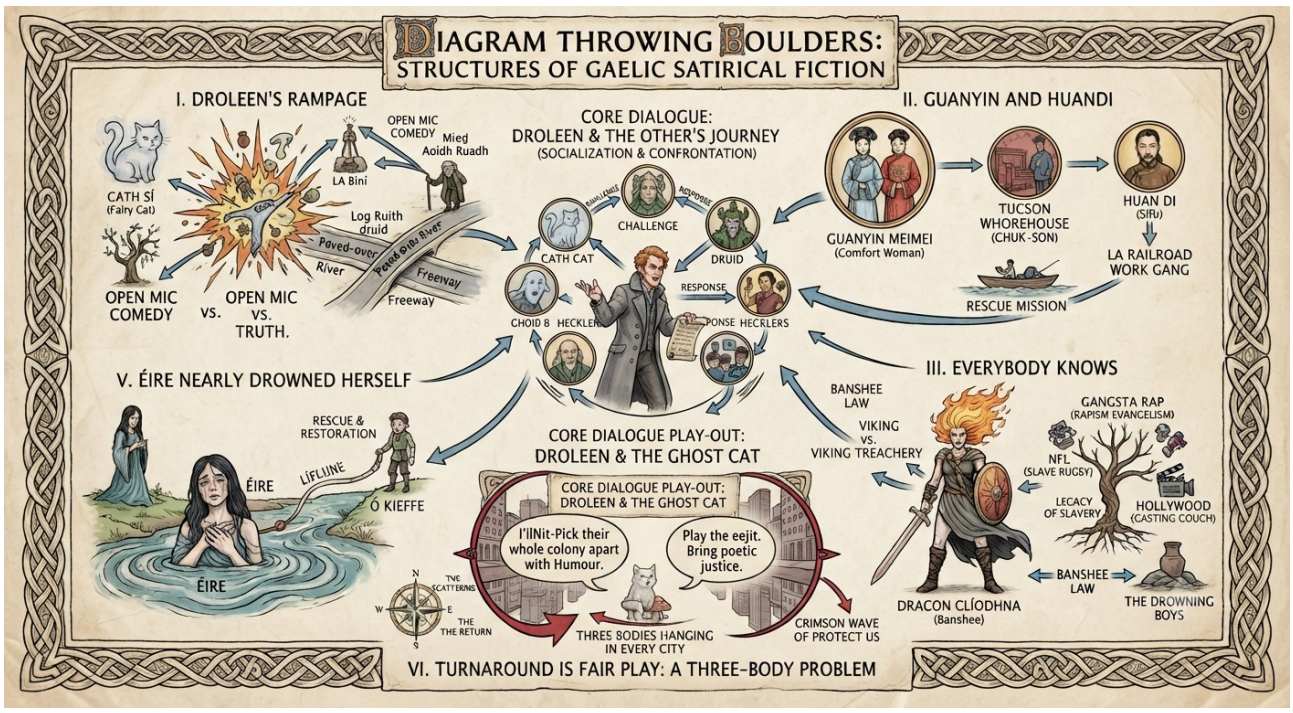


DIAGRAM THROWING BOULDERS:
STRUCTURES OF GAELIC SATIRICAL FICTION
I. DROLEEN'S RAMPAGE
CATH SÍ
(Fairy Cat)
OPEN MIC COMEDY
OPEN MIC COMEDY
vs.
OPEN MIC vs. TRUTH.
LA Bini
Mieg Aoidh Ruadh
Log Ruith druid
Paved-over River
Freeway
CORE DIALOGUE:
DROLEEN & THE OTHER'S JOURNEY
(SOCIALIZATION & CONFRONTATION)
CHALLENGE
CATH CAT
DRUID
CHOID B HECKLER
RESPONSE
PONSE HECKLERS
II. GUANYIN AND HUANDI
GUANYIN MEIMEI
(Comfort Woman)
TUCSON WHOREHOUSE
(CHUK-SON)
HUAN DI
(SIFU)
LA RAILROAD WORK GANG
RESCUE MISSION
III. EVERYBODY KNOWS
BANSHEE LAW
VIKING vs. VIKING TREACHERY
GANGSTA RAP
(RAPISM EVANGELISM)
NFL
(SLAVE RUGBY)
LECACY OF SLAVERY
HOLLYWOOD
(CASTING COUCH)
BANSHEE LAW
THE DROWNING BOYS
DRACON CLÍODHNA
(Banshee)
V. ÉIRE NEARLY DROWNED HERSELF
RESCUE & RESTORATION
LÍFLIINE
ÉIRE
Ó KIEFFE
ÉIRE
CORE DIALOGUE PLAY-OUT:
DROLEEN & THE GHOST CAT
I'llNit-Pick their whole colony apart with Humour.
Play the eejit. Bring poetic justice.
THE SCATTERING
THE RETURN
THRES SODIES HANGING IN EVERY CITY
CRIMSON WAVE OF PROTECT US
VI. TURNAROUND IS FAIR PLAY: A THREE-BODY PROBLEM

PROLEEN
ISSUE #9
DUBLIN
DUMEIN
COMEDY
HECKLE
CRIC
HOHLING
HOHHIIH
CIIRIC
HOHH